

(Yoga)

Yoga offers tools to improve fitness, circulation, mobility,
and a sense of well-being.

This class offers excellent, precise instruction
in yoga postures and breathing.

Join us in building strength and flexibility in body,
mind, and spirit.

Date: Wednesdays, starting April 5, 2017

Time: 12:30-1:30 p.m.

Cost: \$35 per person, 11 weeks
(classes are not prorated for late starts/absences)

Instructor: Layla Botwinik

Open to all, regardless of yoga experience.
Please bring a yoga mat.

Register at the center or online: <https://frederickcountymd-gov.3dcartstores.com>

Urbana Senior Center

**Offering fitness, enrichment & social opportunities for 50+
301-600-7020**

9020 Amelung Street, Urbana, MD 21704

(located on the lower level of the Urbana Regional Library)



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www.FrederickCountyMD.gov/aging